

# CARDIOVASCULAR DISEASE IS THE LEADING CAUSE OF DEATH AMONG PEOPLE WITH DIABETES

## CONTROL THE ABCS OF DIABETES

**A1C**..... a test that measures average blood glucose levels over the last 3 months  
(A1C goal should be 7 or lower)

**Blood Pressure** .... high blood pressure is common with people who have diabetes and causes heart disease. Blood pressure should be <130/80

**Cholesterol**..... bad cholesterol, or LDL, builds up and clogs your arteries  
(total cholesterol should be less than 200)

**Talk to your health care providers about how to control your diabetes.**



## MEDICATION MANAGEMENT

### Team Up With Your Pharmacist

- Make a list of all your medicines, including amount and how to take them, share with all your health care providers. Don't forget nonprescription vitamin supplements and herbal medicines.
- Update your list with every change, and review it at least once a year.

## FOOT CARE

### Team Up With Your Foot Care Provider

- Get a complete foot exam each year.
- Discuss how to check your feet every day.  
Discuss any problems you may have.
- Find the right footwear for you.



## EYE CARE

### Team Up With Your Eye Care Provider

- Have a complete dilated eye exam each year.
- Discuss how good control of your blood glucose levels can protect your vision.
- Talk about what can be done if you have vision loss.

## DENTAL CARE (COVERED BY CAPSTONE UP TO AGE 20 ONLY)

### Team Up With Your Dental Care Provider

- Get a complete mouth exam twice a year (covered by Capstone through age 20 only).
- Learn the best way to brush & floss, and learn the early warning signs of tooth, mouth and gum problems.
- Learn how blood glucose causes gum disease.



## CAPSTONE HEALTH PLAN

A Special Plan for Special Needs

## OTHER THINGS YOU CAN DO

- Get Physical...Be More Active** • Walk • Play • Dance • Swim • Turn off the TV  
**Eat a Healthy Diet** • Smaller portions • More Vegetables • Less salt, fat and sugar  
**Quit Smoking** • Tobacco use increases your risk of diabetes complications

**Talk to the Capstone Diabetic Case Manager to learn more: 800-336-3874**

This is general information only and should not take the place of information from your health care provider.  
Source: National Diabetes Education Program

**CAPSTONE**  
**HEALTH PLAN**  
*A Special Plan  
for Special Needs*

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Dear Capstone Member,

Welcome to the Capstone Health Plan Diabetes Disease Management Program! As part of your health care benefit we are pleased to give you diabetes educational tools. Whether you have been newly diagnosed with diabetes or have lived with it for many years, we hope you find these tools helpful as you control your diabetes.

We are enclosing the following tools to help manage your diabetes:  
Blood Sugar Diary – to record, track your blood sugar readings and share with your Primary Care Provider (PCP) and/or diabetes educator.  
Control the ABC's of Diabetes and "Know your Numbers"

As an added value of the Diabetes Disease Management Program, you have the opportunity to work with a Capstone Case Manager Nurse who can assist you with the following:

- Getting the most out of your health care benefits
- Identifying diabetes education sessions or diabetes support groups that may be available in your area
- Giving additional diabetes educational materials based on your needs

If you would like more information on the Diabetes Disease Management Program, or you do not wish to participate in the program or have gotten this information in error, please call the Capstone Health Plan Disease Management Nurse, Cindy Weiss at 800-336-3874, ext. 3484.

Sincerely,

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